

Abstract of the Disclosure

[0035] A lower extremity rehabilitation and exercise device has a platform to which at least one foot is secured. A fulcrum is placed beneath the platform at various locations. Exercises performed by the user involve the platform pivoting about the fulcrum in a manner that requires the use of specific muscles or muscle groups. Various fulcrum locations correspond to particular muscles or muscle groups which are stressed while the exercise is performed. The exercises build strength in the muscle or muscle groups which are stressed during exercise. Proprioception within the stressed muscle or muscle group is also developed during exercise.